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JULY 20-26, 2014 | Issue 162

Read.



NARGIS FAKHRI PENSIVE AFTER BREAKUP

See what she wrote on
Twitter after she broke up
with beau Uday Chopra.



COMMON MISTAKES IN REDECORATION

Try these simple tips
when you want to
redecorate your space.



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Poem of the week

Stopping by Woods on a Snowy Evening

By Robert Frost

Whose woods these are I think I know.
 His house is in the village, though;
 He will not see me stopping here
 To watch his woods fill up with snow.
 My little horse must think it queer
 To stop without a farmhouse near
 Between the woods and frozen lake
 The darkest evening of the year.

He gives his harness bells a shake
 To ask if there is some mistake.
 The only other sound's the sweep
 Of easy wind and downy flake.
 The woods are lovely, dark and deep,
 But I have promises to keep,
 And miles to go before I sleep,
 And miles to go before I sleep.



Read.Poll

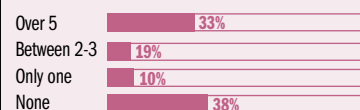
How often do you work out during the week?

- Everyday
- 3-4 days
- Weekends
- Never

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LAST READ. POLL RESULTS

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The week that was readme.ae

Check out our website to see our daily news, events and competitions. Like us on Facebook and follow us on Instagram where we highlight our latest online features and our favourite #MyDubai pictures sent to us from you the reader.

By Mae Cabigas

RAGE INDOOR SKATE PARK

This year, Skaters, BMX riders and action sport enthusiasts will be able to escape the heat and keep on shredding at Dubai Sports World. Rage will be showcasing the Middle East's most talented Skateboarders and BMX riders, offering Skate lessons for beginners and advanced lessons for those who want to improve.

When: June 11 – Aug 30

Where: Sheikh Saeed Hall 1, Sheikh Saeed Hall 2, Trade Centre Arena

Time: 10 am – 10 pm

Admission: One Day Pass – AED 30 / Summer Pass – AED 500



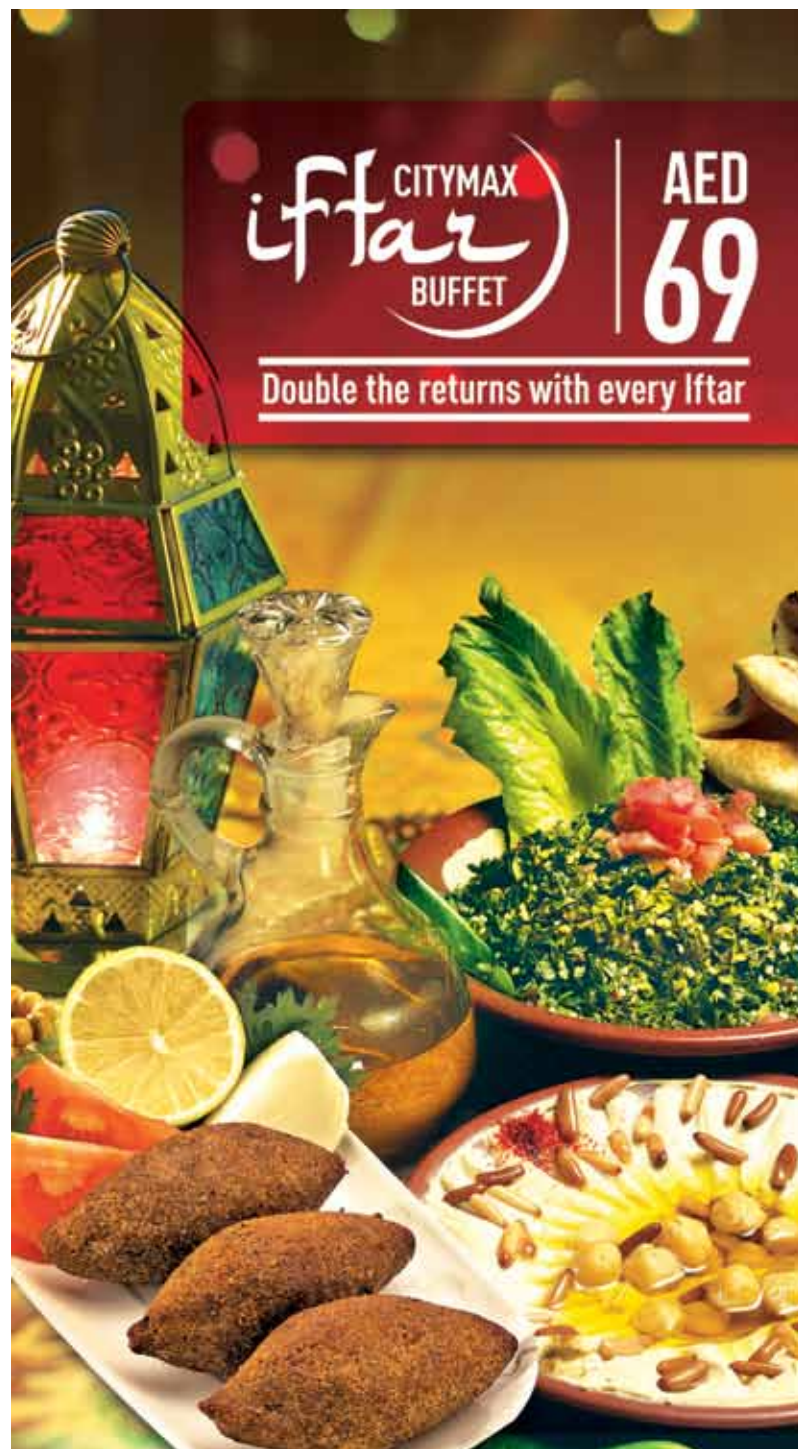
WILD WADI OFFERS FREE ENTRY IN EXCHANGE FOR CHARITABLE CLOTHING DONATIONS THIS RAMADAN

Throughout the Holy Month, every Monday from 7 July 2014, between the hours of 3pm-7pm, guests can enjoy the outdoor waterpark free of charge, in exchange for three pieces of clothing which will be donated to the needy. Special containers will be placed at the registration area where any piece of clothing, in good condition can be donated.

When: Every Monday

Time : 3pm-7pm

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3 Lulu Hypermarket Karama	Al Karama	8 Lulu Village Muhaisnah	Qusais
4 Lulu Center & Supermarket Karama	Al Karama		
5 Lulu Hypermarket Arabian Center	Al Rashidiya		

Red Line Green Line

Common mistakes in redecoration: don't do it

Revamping the interiors, **new decoration** with a new mood that hasn't been repeated – and **seems right** – is a **dream** for every woman, even those not in interior design business. You don't need to be an **interior expert** to redecorate your living space; just think in steps, **ask for advices** and avoid making these mistakes in your **new plan** for **home redecoration**:

Furniture or paint?

Pick your furniture before you pick your paint colours; it will be much harder to match furniture to an already painted wall than the other way around. Try this step by step:

- Work first with your couch.
- Bring several paint swatches home and test again at home.
- Leave your paint swatches on for at least 24 hours before selecting your final colour.



Living room mirrors

Forget the mirror in the living room, the right place is at the entrance of the house or narrow corridors. Sometimes, that will be absolutely necessary in small living rooms, so do not complain.



Spacing

Pushing the furniture against the walls removes intimacy in the space. How can you have a good conversation when you have to shout across the room? Remember, you don't need to so much wide-open space, furniture pieces plastered against walls and chairs too far apart.



Lighting accessories

Be careful with lighting accessories. The main rule is to decide if you want to use it as main light or additional, and of course the size has to be perfect, so that the room doesn't appear overdone. This way, you will know just where to put it, because there's nothing worse than bright overhead lights that make you feel like you're onstage.



Colours

Colours can be a problem. Choose to be on the safe side by training your eyes to catch the perfect percentage of mixing colours in one space. Then go for flat colour to divide between two styles.





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Do's & don'ts of healthy Eating

Healthy eating is not about **strict** dietary limitations, **staying** unrealistically thin, or **depriving** yourself of the foods you love. Rather, it's about **feeling** great, having **more** energy, and **stabilising** your mood.



Eat a Variety of Foods

You need more than 40 different nutrients for good health and no single food can supply them all. Today's food supply makes it easy to eat a wide variety of foods whether or not you are buying fresh foods to cook, taking advantage of ready-prepared dishes and meals or buying "take-away" food.

Fruits and vegetables

Most of us do not eat enough of these foods either although they provide important protective nutrients. Try to eat at least five servings a day and if you do not enjoy them at first.



Rich in carbohydrates

Most people do not eat enough of foods such as bread, pasta, rice, other cereals and potatoes. More than half the calories in your diet should come from these foods. Try wholegrain bread, pasta and other wholegrain cereals, too, to increase your fibre intake.



Remember, it is all about balance

There are no 'good' or 'bad' foods, only good or bad diets.



Drink plenty of fluids

Adults need to drink at least 1.5 liters of fluid a day or more if it's very hot or they are physically active.

Don't eliminate foods

If you keep portion sizes reasonable, it's easier to eat all the foods you enjoy without having to eliminate any.



Body weight and feel good

Physical activity is a good way of increasing the energy (calories) you expend each day and it can make you feel good. The message is simple: if you are gaining weight, you need to eat less and be more active.





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WAFI

Istanbul: The city that never sleeps

Rediscover yourself in the **old streets** of this ancient city by the strait of **Bosphorus**

By Houssam Barazi

If you have a short holiday break with a limited budget; if you want to run out from the newest city to the oldest one; if you want to charge your mind by the culture of the grandiose Ottoman emperors and relieve the stress in the busiest and most spectacular clubs; then take the first flight to Istanbul and stroll through some of her oldest streets, taste the delicious knefe and do not miss a windy cruise with the white peace ambassadors on the Bosphorus.



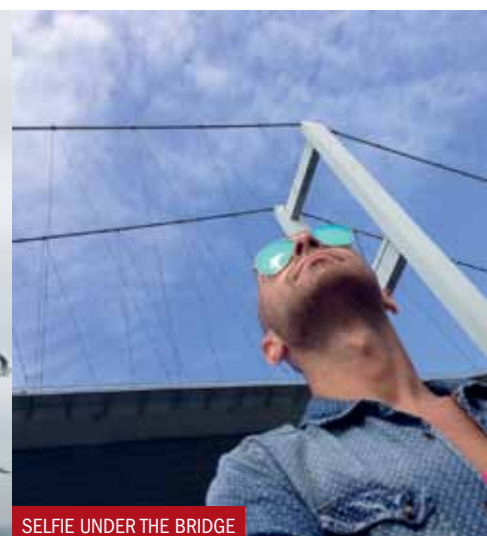
HAGIA SOPHIA

Face-off with history in a day

From my apartment in Beyoglu, an old district in the European side and very close to Istiklal Street, I took the metro to Sultan Ahmed area. Once there, you can visit three main historical monuments, the Hagia Sophia where the religions meets, the Blue Mosque known for the handmade ceramic tiles that cover the mosque walls in more than fifty tulip designs and the Topkapi Palace that was the primary residence of the Ottoman sultans. Enjoy expansive views of the Marmara Sea from the fourth courtyards in Topkapi.



THE WHITE DOVES



SELFIE UNDER THE BRIDGE

The peace ambassadors over the bridge

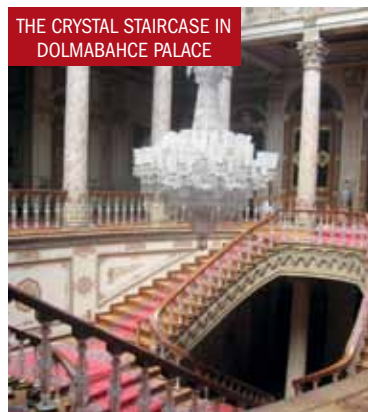
For 10 Turkish liras, take a boat for a cruise trip on the Bosphorus between the European and Asian sides. In one hour, you will get to see the domes and minarets of old Istanbul, the magnificent facade of Dolmabahce palace, the huge suspension bridge and many small villages around the river. If you are alone, do not worry, the white doves will be your friends for the entire cruise and you can feed them bread and listen to them chirp melodiously.



THE BLUE MOSQUE

Live music with a Turkish coffee

Istiklal Street, the famous avenue in Istanbul, is surrounded by late Ottoman buildings, restaurants, pubs, night clubs, cafes, libraries, theaters... An old red tram will cross this pedestrian street from Taksim Squared down to Galatasaray High School. You will enjoy a different type of live entertainment every 50 meters: bands of young or old people playing live music, a group of girls dancing to a Turkish beat, a solitary old man playing a romantic smooth tune that touch your heart deeply. In Taksim Square visit Hafiz Mostafa and taste the most delicious Turkish delights, the knefe with achta ice cream and a Turkish coffee and before you leave make a selection of assorted Rahat al Holcum.



THE CRYSTAL STAIRCASE IN DOLMABAHCE PALACE



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POPULAR SOUK IN BEYOGLU

Must visit

Dolmabahce Palace the largest palace in Turkey decorated with gold and crystals. Fourteen tones of gold leaf were used to gild the ceilings. The world's largest Bohemian crystal chandelier is in the Ceremonial Hall. The chandelier, a gift from Queen Victoria, has 750 lamps and weighs 4.5 tonnes. Dolmabahce has the largest collection of Bohemian and Baccarat crystal chandeliers in the world. The famous Crystal Staircase has the shape of a double horseshoe and is built of Baccarat crystal.



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TECH NEWS

Text reader



As the world is improving to be fit for everyone, people with a permanent illness can also find their way out. No one should ever be marginalised due to an uncontrollable infirmity. After the first Braille phone created for visually impaired people, a text reader is now in store for all those who'd like to read, but just can't!



The Finger-Reader comes in a small size to be able to be held on the finger, hiding a small camera, and using latest cutting edge technology and can be connected to a computer or a smart phone.

How does it work? First, the camera will scan the text which enables it to turn it to a speech. The voice sounds a bit robotic for sure, but still better than not reading at all.



Using technology for the service of human beings is a great way to be socially responsible. Technology is here to improve our lives and the life of those who needs it.

Google Glass to become mind controlled



Ever since Google Glass was made available to buyers, banning it in many places was the easiest thing to do. Is it because the establishments are afraid of latest technology to be at the hand of the people? Or they simply want it exclusively for themselves?

After Google Glass launched with

a big bang with its high-end technology and services, it is now improving, using more sophisticated technology, and literally going 'crazy'. It is going to become controllable by our mind! Can you imagine?

Navigating through Google Glass using your voice or the touch panel on the side can sometimes bother a few.

But what if you could simply carry out actions just by thinking? The London based design studio says that thanks to the MindRDR app, you can snap a photo using the Google Glass and share it on social media, just by thinking about it. Even though it might need some extra kit to work, but that's a definite improvement and plus points.

TV in your handbag?



Even though we're recently seen flexible screens appearing for smartphones and other gadgets, LG has now taken the technology to the next level. The Korean manufacturer is planning release a 60 inch roll-up panel, a TV that you can simply roll in your handbag and carry around. Would that be possible?

Of course it makes one wonder about the evolution of the tube – from being a big, big box, moving to smaller sizes, then LCD and LED, and now? Flexible TV screen?

Rolling up your TV screen and carrying it around in your bag isn't something we're familiar to right now. But it does make things much easier, or even just being able to get your latest TV home from the shops without needing to hire a van!

LG availed the LG G Flex, a flexible smart phone, and now is preparing a flexible TV to surprise us all with this latest high-end technology. A prototype is in place undergoing testing and experiments. Would be expect the flex TV to be available by 2017?

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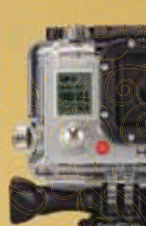
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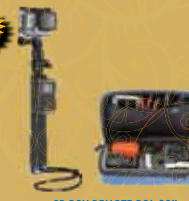
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NEWS ON WHEELS

Bosch is going green too!



Each and every person is trying to play a part in helping the earth and environment now. A new start-stop coasting function from Bosch Automotive enables drivers of combustion engine vehicles to travel in zero-emission, noise-free, low resistance mode over large parts of their journey.



This system is designed to help lower both, fuel consumption and CO2 emissions. And it works as soon as the driver touches the fuel or brake pedal for the system to start up the engine again.

Tests and experiments by Bosch have shown that car engines run needlessly for 30% of the time. So this newly designed system is to help drivers in traffic jam, stops at traffic lights, and when simply unneeded.



Even though it is still an option whether drivers would want to have it or not, but it should soon become a way of economising and saving the environment. A must have in each and every car; Bosch is playing its part to help us save the earth.



The past, present and future of BMW

BMW Museum in Munich is a **true wonder of innovation and history**

Rated as the biggest four cylinder building in the world, the BMW Museum in Munich, Germany holds the history, present, and the soon to be called future of the company and its cars.

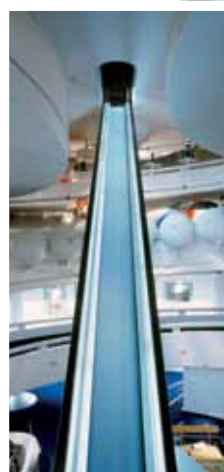
It first opened in May 1973 as the BMW Group headquarters, and 40 years later, a committee of experts voted the building complex designed by architect Professor Karl Schwanzner one of the 15 most spectacular corporate head offices.

And despite the fact that the buildings are not classified to be a car museum, the engineers acknowledged this distinguished design. The museum did not attract large numbers of visitors until later stages.

The museum combines outstanding architecture with an entirely new concept of knowledge transfer, making the BMW Museum a model for countless other museums all over the world. And even though it went on a redesign, by 2002, but nothing of its contemporary displays, and historical cars has changed.

Today, the BMW Museum is to display old and historical cars, as well as latest cars in the market along with sport cars. Making it a combination of the story of the BMW group, innovations, improvements, and development, the museum is truly one of a kind marvel.

As of now, 130 exhibits are on display, letting all visitors enjoy the fascinating inside and outside combining more than 40 years of history, some of the present, and a look to the future. That's how the museum is, it doesn't stop at any era, it continues and continues to improve and innovate.



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DUBAI WORLD TRADE CENTRE JULY 2014

Visit Al Habtoor Motors @ Ramadan Night Market
Venue: Za'abeel Hall, Dubai World Trade Centre
Date: 17th - 27th July 2014
Time: 8:00 p.m. to 2:00 a.m.

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Productivity **wasters** in the workplace

You might not know what is a productivity waster at work and what isn't

There's only so much time in the day, and it never seems to be enough. Most business owners are always on the look for ways to increase their employees' productivity while maintaining high levels of quality. But just because your employees are at work doesn't mean you're getting work done. What you really need to do is to cut down on the top time wasters in the office. This doesn't mean that you should block personal e-mail and social media websites. We're talking about the kind of distractions that can derail productivity and stop your employees from doing their jobs. Akhtaboot is here to highlight the top productivity wasters that might be standing in the way of real work.

MULTITASKING

Most employees are always on the look for ways to achieve multiple goals simultaneously. In fact, many non-multitaskers perceive themselves as poor performers. While it might seem easy to do two routine tasks at the same time, doing two tasks that are both complex, will push your brain to work harder and can have an effect on your productivity. Multitasking will slow you down as you will become more susceptible to making mistakes, especially if one or more of your activities involve a lot of critical thinking. Avoid overloading your brain with too many mental notes as you will only drain your mental energy. Putting whatever's on your mind on paper or on a digital notepad will also help you limit distractions and improve your concentration.

NOT TAKING BREAKS

Research shows that working non-stop for long hours can take a



great toll on your performance. So if you feel that your productivity is decreasing, it might actually mean that you need to take more breaks to recharge your energy. While most people

consider checking their social media feeds a break, they're not going to be nearly as refreshed as they would be if they took a real break outside the office. You need to get up and move around to get the blood flowing and clear your mind.



In fact, many companies allocate a quiet space for their employees to relax and clear their minds.

OVERDOING MEETINGS

How many times have you sat through a meeting and said to yourself, "what a waste of time!" If your answer is yes, you are not alone. Meetings can take up a large portion of a busy day. Don't hold a meeting if you can accomplish the same thing via a phone conference or a group e-mail. The ability to organise and run effective meetings is essential to the company's overall productivity and can have a positive impact on the company culture. Since meetings cannot be avoided, companies need to ensure that people can work without constant interruptions. As a rule of thumb: don't schedule a meeting for something that you can solve in a phone call, and don't make a phone call for something that can be communicated in an e-mail.

SOCIAL MEDIA

Social media is one of the top time wasters of today's workplace. Yet, employees can't drag themselves away from scrolling through their news feed. There's nothing wrong with taking a 10-minute break to clear your mind and keep up with personal obligations, but why not consider doing it while you're having a coffee, then log out and get back to work. If you work in social media, schedule time in your day for proper work-related social media tasks, such as updating your business pages, responding to questions, and checking up on your competitors. The key here is to actually schedule time for this and not get carried away.

By Akhtaboot – the career network
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PAYMENT AED **636**



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STARTING AED
43,900

MONTHLY
PAYMENT AED **651**



CHERY E8

STARTING AED
56,900

MONTHLY
PAYMENT AED **844**



CHERY P5

STARTING AED
69,900

MONTHLY
PAYMENT AED **1083**

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مركز دبي التجاري العالمي يوليو 2014
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99 Dhs
~~109~~

حقيفة بعجلات (تراك) ٥١ سم
Track aviator trolley 51cm

Also available أيضا متوفرة

62cm: ~~99 Dhs~~ 109
72cm: ~~99 Dhs~~ 109

4 Wheels
Light Weight
2 Years Worldwide Warranty
PC Material

EXCLUSIVE

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~~299.00~~

حقيفة بعجلات (تراك) ٥١ سم
Track Platinum series trolley 51cm

Also available أيضا متوفرة

62cm: ~~229 Dhs~~ 219
72cm: ~~299 Dhs~~ 289

2 Wheels
Light Weight
2 Years Worldwide Warranty

EXCLUSIVE

179 Dhs
~~350.00~~

حقيفة بعجلات (في اي بي) ٦٥ سم
VIP Velocity trolley 65cm

Also available أيضا متوفرة

62cm: ~~349 Dhs~~ 229
72cm: ~~399 Dhs~~ 279

4 Wheels
Light Weight
3 Years Worldwide Warranty
PC Material

189 Dhs
~~299.00~~

حقيفة بعجلات (ديلسي)
Delsey Triplane cabin trolley

Also available أيضا متوفرة

62cm: ~~349 Dhs~~ 229
72cm: ~~399 Dhs~~ 279

4 Wheels
Light Weight
2 Years Worldwide Warranty
PC Material

20 Dhs
~~34.50~~

طبق للفرن (مارينكس) ١.٧ لتر + ٧٠٠ مل
Marinex dish 1.7L + 0.7L

2 PCS

39 Dhs
~~75~~

طقم طعام (وينزور)
Winsor dinner set

20 PCS

9 Dhs
~~16.95~~

١٠ قطع مناديل
Wash cloth set

9 Dhs
~~13.00~~

٦ قطع مناديل
Pillow case

9 Dhs
~~14.95~~

٣ أزواج جوارب
Socks x3 pairs, sizes 4-10 years

PER PACK

4 Dhs
~~9.95~~

٢ قطعة ملابس
Baby romper, sizes 0-24 months

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12 **7.50** Dhs
PCS

مياه ينابيع طبيعية (ألبين) 500 مل
Alpin natural spring water 500ml



19 **.75** Dhs

لبنة (برنار) 750+ 200 غرام
Pinar Labaneh 750g + 200g



3 **8.00** Dhs
PCS

لحافق دجاج طازجة (الروضه)
250 غرام
Al Rawdah fresh chicken franks
250g



2 **12.75** Dhs
PCS

دجاج كامل (ساديّا) 900 غرام
Sadia whole chicken 900g



3 **19.75** Dhs
PCS

أصابع بطاطا لافلي (مككين) 750 غرام
McCain french fries 750g



22.75 Dhs
~~29.00~~ Dhs

زيت كانولا (ليسيور) 3 لتر
Lesieur canola oil 3L



28.75 Dhs
~~42.50~~ Dhs

أرز بسملي (النديا جيت)
India Gate sella basmati
rice 5kg



14.50 Dhs
~~19.00~~ Dhs
2 PCS

كوبس سكر ناعم (إس آي إس) 2 كيلو
SIS fine granulated sugar 2kg



31.75 Dhs

شوكولاتة (فيريرو روشيه) 300 غرام
Ferrero Rocher chocolate 300g



22.50 Dhs
~~29.00~~ Dhs

مفصّلات وملبوسة للطفل (بيبي جوي)
Baby Joy culotte diapers assorted



16.50 Dhs
~~26.50~~ Dhs

لوشن للجسم (جرجنز) 600 مل
Jergens body lotion 600ml



16.50 Dhs
~~24.75~~ Dhs
3 PCS

صابون صابون لليدين (لايفبوي) 200 مل
Lifebuoy hand wash 200ml



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Lose some; win a lot

The great feat that **losing weight** is, now, it has **more rewards** than just looking good – a **gram of gold** for a kilo lost through **Your Weight in Gold** drive



After the success of the massively popular weight loss campaign 'Your Weight in Gold' last Ramadan, this year the Dubai Municipality has launched the second chapter of the campaign titled 'Your Child in Gold'. Obese and overweight parents and children can now win gold for shedding extra kilos. This year's campaign is different from last year – it offers more rewards. Parents are encouraged to participate and will be rewarded if they lose weight, along with increased reward if they are successful in making their overweight child shed weight.

"This year we have given priority for families as they will get double rewards than individual participants when they participate with their family members," said Hussain Nasser Lootah, Director General of Dubai Municipality.

Explaining the process, Lootah further added that, "If you participate as an individual and lose weight, you will get one gram gold per kilo lost. But if





you join as a family and your kid lost at least two kgs, all of you will get 2 grams of gold per each kilo of weight lost."

"Obesity of children is a big dilemma faced by many countries, especially by Middle Eastern and European nations due to the addiction of new generation to electronic devices. We need to protect our growing generation from the negative effects of technology by encouraging them to have a healthy life style and educating the parents about their role in upbringing a healthy generation," added Lootah.

With a gold valued over Dh2 mil-

lion given away in the campaign last year, this year's budget has been left open and is expected to generate an even better response. The campaign that started on July 15 will end on September 15. Participants will be weighted at the beginning of the competition and will again be weighed after 45 days. The participant to lose the most kilos will be awarded the first prize. Last year, the prize was won by Syrian Ahmad Ebrahim Al Shiekh, who lost 26 kilos.

Every family is eligible to participate along with two children under the age of 13.







**Ramadan
Zinema
Screenings**



**Ramadan
Fashion
Show**

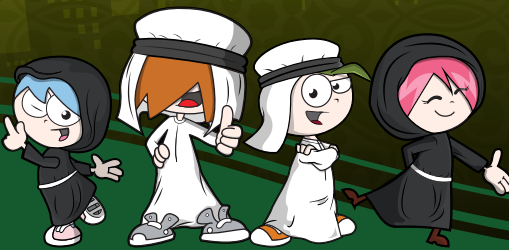


**Henna
Designing
at the
Ramadan
Tent**



**Ramadan
Special
OfferZ**

Celebrate the spirit of Ramadan at Madinat KidZania



Enjoy the Ramadan streetmosphere as the city transforms into Madinat KidZania. Learn about the holy month through an array of exciting themed activities:

Participate in the Ramadan Fashion Shows at the Fashion Boutique • Deliver creative Ramadan gift boxes around the city through Courier Service • Treat yourself to themed beauty services at the Beauty Salon • Bake Ramadan sweets and cookies at the Culinary School • Be part of the Ramadan Parade and greet the visitors Ramadan Kareem

Ramadan Timings: 10 am to 12 midnight daily

Terms and conditions: Consumption of food and drinks is not allowed inside KidZania before Iftar, except in the designated dining area • Some establishments will open after Iftar • Ramadan Fashion show will begin after Iftar • All food outlets will resume normal operations after iftar • Other terms and conditions apply



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Hollywood news

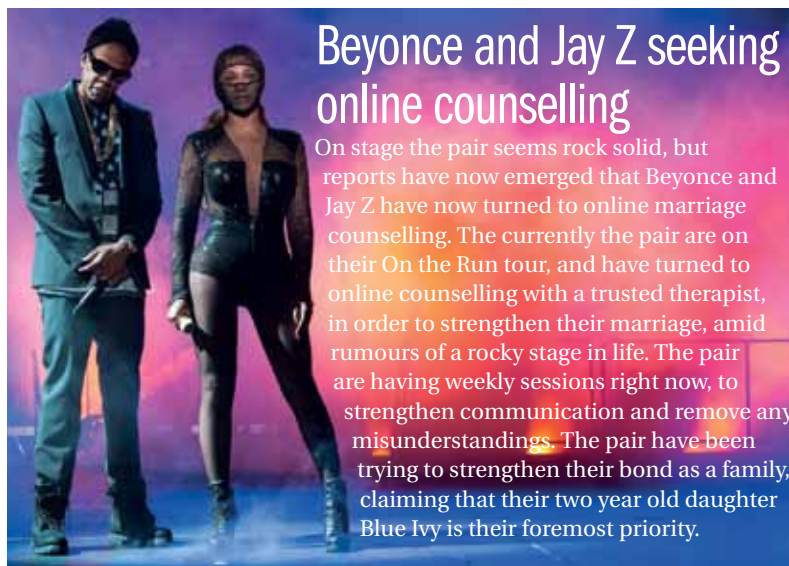
Shakira credits the World Cup for finding love

Pop super star Shakira said at the closing ceremony of FIFA World Cup that she owed her love life to the World Cup. The Colombian musician met her partner Spanish footballer Gerard Pique while promoting her anthem for 2010 World Cup *Waka Waka* in Africa. She said that she "will never forget that I met the love of my life at the World Cup," further adding that, "If it wasn't for the World Cup my son Milan would not be here."



Beyonce and Jay Z seeking online counselling

On stage the pair seems rock solid, but reports have now emerged that Beyonce and Jay Z have now turned to online marriage counselling. The currently the pair are on their *On the Run* tour, and have turned to online counselling with a trusted therapist, in order to strengthen their marriage, amid rumours of a rocky stage in life. The pair are having weekly sessions right now, to strengthen communication and remove any misunderstandings. The pair have been trying to strengthen their bond as a family, claiming that their two year old daughter Blue Ivy is their foremost priority.



Nice Guys: Ryan Gosling and Russell Crowe

Ryan Gosling and Russell Crowe have been signed up for the upcoming film by Shane Black's *Nice Guys*. The film by the director of *Iron Man 3* fame is set in the 1970s and is based on the adventures of a private eye and his entourage. The film, that had initially been conceived as a television show, brings the duo together by the mystery of the suicide of a porn star. The film is being produced by Joel Silver.



LiLo to turn over a new leaf



The wild child of tinsel town, Lindsay Lohan says that she wants to turn around from her wild side and sober up. In a recent BBC interview, LiLo said that she wants to "turn over a new leaf" with her new *Speed the Plow* role. The troubled star is all set for her debut in David Mamet's project for London's Playhouse Theatre. She said that she wants people to remember her for her work, and not just as a celebrity. The 28-year-old said that she was contemplating moving to London, as it was "calming and safe" and that she was taking work seriously and not going to miss even a single day.

Bollywood news

Dilip Kumar's ancestral home now a national heritage site



The ancestral home of veteran actor Dilip Kumar in Peshawar, Pakistan, has been declared as national heritage by the Pakistani Prime Minister Nawaz Sharif. The premier has directed the concerned departments to acquire the house that will be converted into a museum. The project aims to bring together Indian and Pakistani people through culture and a shared heritage. The project is to be completed as soon as possible and upon completion, the government plans to invite the veteran actor and his family to visit the cultural centre.

Special screening of *Mary Kom* for SRK

For Sanjay Leela Bhansali's upcoming film *Mary Kom*, the director turned to King Khan for his opinion. The director held a private screening for Shahrukh Khan and asked the actor for his opinion. The film is a biopic based on the Indian boxer *Mary Kom* with Priyanka Chopra in the lead. Reports suggest that Bhansali had been meaning to show the film to Khan but their schedules hadn't allowed that. After the screening, the two were in conversation for two hours.



Paparazzi boycott Salman Khan

Whenever Salman Khan is caught in a brawl with members of the media, it hardly ever comes as a surprise. But now, paparazzi have unanimously agreed to boycott Khan for his mistreatment. "Salman Khan needs to apologise to us or else we will not photo graph him. The blackout will continue till July 25 when his film *Kick* hits theatres. This comes after a photographer was mistreated by Khan's security personnel last week. In return, Khan said, "Those who want to cover the event are welcome to stay, the rest can leave if they wish."

Nargis Fakhri pensive after breakup

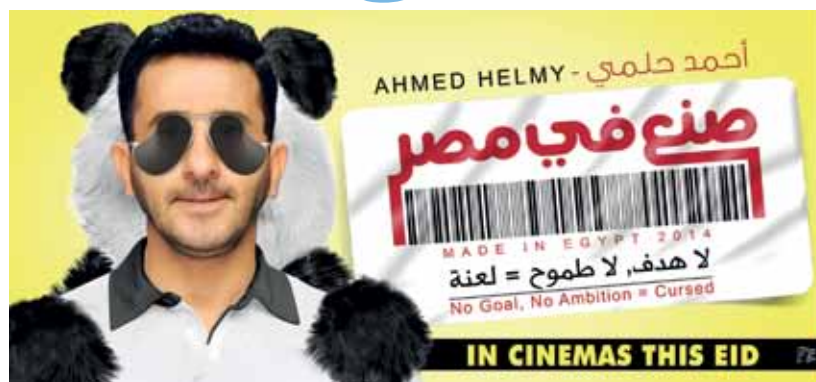
The Bollywood actress seems to be in a pensive mood lately. Recently, she wrote an emotional message on social networking site Twitter, "I believe people com in2 our lives 4 a reason & its always positive, even when u felt bad bout sum1 u luk back & C they helped push U forward somehow." She further added, "What we give out2 the universe we get back. So always b positive.Us want luv, then give luv, whatever u want give it first&it will b returned."



Listings

THE READ. WEEKLY GUIDE TO WHAT'S ON AT THE MOVIES.

SCHEDULE CORRECT AT TIME OF GOING TO PRESS; HOWEVER, PLEASE NOTE THAT MOVIE THEATRES CAN CHANGE SCHEDULES WITHOUT NOTICE



Novo Cineplex - Wafi City

7500 The Movie - 8:20PM 10:20PM 12:20AM
Bobby Jasoos - 11:30AM 4:30PM 9:30PM
Fast Track - 10:15AM 12:15PM 2:15PM 4:15PM 6:15PM 8:15PM 10:15PM
Hate Story 2 - 10:00AM 11:00AM 12:40PM 1:40PM 3:20PM 4:20PM 6:00PM 7:00PM 8:40PM 9:40PM 11:20PM 12:20AM
How To Train Your Dragon 2 - 10:20AM 12:20PM 2:20PM 4:20PM 6:20PM
Humpty Sharma Ki Dulhania - 10:30AM 12:00 PM 2:30PM 1:10PM 3:50PM 5:00PM 6:30PM 7:30PM 9:10PM 10:00PM 11:50PM 12:30AM
Knockout - 2:30PM 6:30PM 10:30PM
Million Dollar Crocodile - 10:30AM 12:30PM 2:30PM 4:30PM 6:30PM 8:30PM 10:30PM 12:30AM
Pizza - 11:00AM 1:10PM 3:20PM 5:30PM 7:40PM 9:50PM 12:00AM
Plush - 10:00AM 12:00PM 2:00PM 4:00PM 6:00PM 8:00PM 10:00PM 12:00AM
Pororo: The Racing Adventure - 10:00AM 12:00PM 2:00PM
Vikindom - 12:30PM 4:30PM 8:30PM 12:30AM

Novo Megaplex - Ibn Battuta

7500 The Movie - 8:00PM 10:00PM 12:00AM
Bangalore Days - 11:00AM 2:10PM 5:20PM 8:30PM 11:40PM
Blended - 7:30PM 9:40PM 11:50PM
Bobby Jasoos - 11:00AM 1:40PM 4:20PM 7:00PM
Chef - 10:00AM 12:20PM 2:40PM 5:00PM
Diplomat - 7:30PM 9:30PM 11:30PM
Draft Day - 9:40PM 11:50PM
Edge Of Tomorrow - 8:00PM 10:10PM 12:20AM
Edge Of Tomorrow (3D) - 12:25PM 2:35PM 4:45PM 7:00PM 9:10PM 11:20PM
Ek Villain - 11:30AM 02:00PM 04:30PM 7:00AM 09:30PM 12:00AM
Fast Track - 10:15AM 12:15PM 2:15PM 4:15PM 6:15PM 8:15PM 10:15PM 12:15AM
Hate Story 2 - 11:00AM 1:40PM 4:20PM 7:00PM 9:40PM 12:20AM
How Old Are You - 11:30AM 2:30PM 5:30PM 8:30PM 11:30PM
Humpty Sharma Ki Dulhania - 10:30AM 1:10PM 3:50PM 6:30PM 7:30PM 9:10PM 10:10PM 11:50PM 12:50AM
Knockout - 7:30PM 9:50PM 12:10AM
Legend Of Oz: Dorothy's Return - 11:00AM 1:00PM 3:00PM 5:00PM
Maleficent (3D) - 12:30PM 02:30PM 4:30PM 6:30PM 8:30PM 10:30PM 12:30AM
Million Dollar Crocodile - 10:30AM 12:30PM 2:30PM 4:30PM 6:30PM 8:30PM 10:30PM 12:30AM
Pizza - 11:00AM 1:10PM 3:20PM 5:30PM 7:40PM 9:50PM 12:00AM
Plush - 10:00AM 12:00PM 2:00PM 4:00PM 6:00PM 8:00PM 10:00PM 12:00AM
Qu'est-Cu Quon A Fait Au Bon Dieu? - 11:30AM 1:30PM 3:30PM 5:30PM
Rio 2 - 11:00AM 1:00PM 3:00PM 5:00PM
The Fault In Our Stars - 10:00AM 12:30PM 3:00PM 5:30PM
Think Like A Man Too - 10:30AM 12:40PM 2:50PM 7:10PM
Velayilla Pattathari - 11:30AM 2:30PM 5:30PM 8:30PM 11:30PM
Vikindom - 5:00PM 9:20PM
X-Men: Days Of Future Past - 11:00AM 2:00PM 5:00PM

Novo Festival Cinema - Festival City

7500 The Movie - 12:05PM 3:50PM 7:35PM 11:20PM
Assassin's Bullet - 12:10PM 4:20PM 8:30PM 12:40AM
Bangalore Days - 11:00AM 2:10PM 5:20PM 8:30PM 11:40PM

Blended - 7:20PM 9:40PM 12:00AM
Edge Of Tomorrow - 10:00AM 12:20PM 2:40PM 5:00PM
Fast Track - 10:15AM 11:15AM 12:15PM 1:15PM 2:15PM 3:15PM 4:15PM 5:15PM 6:15PM 7:15PM 8:15PM 9:15PM 10:15PM 11:15PM 12:15AM
Hate Story 2 - 11:00AM 1:40PM 4:20PM 7:00PM 9:40PM 12:20AM
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How To Train Your Dragon 2 (3D) - 11:00AM 3:20PM 7:40PM 12:00AM
Humpty Sharma Ki Dulhania - 10:30AM 1:10PM 3:50PM 6:30PM 9:10PM 11:50PM
Knockout - 6:15PM 8:15PM 10:15PM 12:15AM
Maleficent (3D) - 10:15AM 12:15PM 2:15PM 4:15PM
Million Dollar Crocodile - 10:30AM 12:30PM 2:30PM 4:30PM 6:30PM 8:30PM 10:30PM 12:30AM
Plush - 10:00AM 12:00PM 2:00PM 4:00PM 6:00PM 8:00PM 10:00PM 12:00AM
Think Like A Man Too - 1:50PM 5:35PM 9:20PM
Vikindom - 10:00AM 2:10PM 6:20PM 10:30PM

Novo Cinemas - Galleria

Bangalore Days - 2:00PM 5:10PM 8:20PM 11:30PM
Velayilla Pattathari - 2:00PM 5:00PM 8:00PM 11:00PM

Novo Cinecity - Al Ghurair

Bangalore Days - 11:30AM 2:40PM 5:50PM 9:00PM 12:10AM
Bobby Jasoos - 11:00AM 1:30PM 4:00PM
Fast Track - 10:15AM 12:15PM 2:15PM 4:15PM 6:15PM 8:15PM 10:15PM 12:15AM
Hate Story 2 - 11:00AM 1:40PM 4:20PM 7:00PM 9:40PM 12:20AM
How To Train Your Dragon 2 (3D) - 10:00AM 12:00PM 2:00PM 4:00PM
Humpty Sharma Ki Dulhania - 10:30AM 1:10 PM 3:50PM 6:30PM 9:10PM 11:50PM
Million Dollar Crocodile - 6:30PM 8:30PM 10:30PM 12:30AM
Pizza - 11:00AM 1:10PM 3:20PM 5:30PM 7:40PM 9:50PM 12:00AM
Plush - 6:00PM 8:00PM 10:00PM 12:00AM
Velayilla Pattathari - 11:30AM 2:30PM 5:30PM 8:30PM 11:30PM

Reel Cinemas - Dubai Mall

7500 The Movie - 1:30PM 3:20PM 5:10PM 5:30PM 7:00PM 8:00PM 8:50PM 10:30PM 10:40PM 12:30AM 1:00AM
Assassin's Bullet - 8:05PM 12:30AM
Blended - 5:25PM 7:55PM 10:25PM 12:50AM
Chef - 1:20PM 3:40PM 4:30PM 6:00PM 8:20PM 9:35PM 10:45PM 1:05AM
Draft Day - 4:25PM 6:40PM 8:55PM 11:10PM 1:25AM
Edge Of Tomorrow - 4:50PM 7:00PM 9:50PM 12:05AM
Edge Of Tomorrow (3D) - 2:20PM 7:20PM 12:20AM
Fast Track - 1:10PM 3:10PM 5:15PM 7:20PM 8:20PM 9:25PM 11:30PM 1:05AM 1:30AM
Godzilla - 2:40PM 5:10PM 7:40PM 10:10PM 12:40AM
Hate Story 2 - 6:15PM 9:05PM 11:55PM
How To Train Your Dragon 2 - 3:20PM 7:40PM
How To Train Your Dragon 2 (3D) - 1:10PM 5:30PM 9:50PM
Humpty Sharma Ki Dulhania - 5:50PM 8:25PM 11:00PM 1:35AM
Legend Of A Rabbit - 2:00PM 3:55PM
Maleficent - 4:20PM 8:40PM 12:05AM 1:00AM
Maleficent (3D) - 6:30PM 10:50PM

Million Dollar Crocodile - 4:40PM 6:40PM 8:40PM 10:40PM 12:40PM
Plush - 4:25PM 6:30PM 8:35PM 10:40PM 12:45AM
The Amazing Spider-Man 2 - 4:45PM 7:30PM 10:15PM 1:00AM
The Fault In Our Stars - 4:45PM 9:45PM
The Other Woman - 2:25PM 7:25PM 12:20AM
Think Like A Man Too - 1:45PM 4:00PM 5:00PM 5:45PM 6:15PM 7:25PM 8:30PM 9:55PM 10:35PM 10:45PM 12:20AM 1:00AM
X-Men: Days of Future Past - 2:20PM 4:55PM 7:35PM 10:15PM 12:50AM
Vikindom - 5:40PM 10:05PM

Reel Cinemas - Marina Mall

Chef - 4:05PM 9:30PM 11:50PM
Edge Of Tomorrow - 3:10PM 7:40PM 12:10AM
Fast Track - 3:45PM 5:50PM 7:55PM 10:00PM 12:05AM
How To Train Your Dragon 2 - 5:15PM
How To Train Your Dragon 2 (3D) - 3:00PM 7:30PM
Maleficent - 3:35PM 5:40PM 10:05PM
The Fault In Our Stars - 4:30PM 7:00PM
The Other Woman - 9:40PM 12:00AM
Think Like A Man Too - 5:35PM 7:45PM 9:55PM 12:05AM

Reel Cinemas - The Beach

Blended - 5:00PM 5:05PM 7:45PM 9:55PM 12:20AM 12:30AM
Draft Day - 5:25PM 7:45PM 10:10PM
Edge Of Tomorrow - 6:25PM 7:35PM 10:05PM 11:30PM 12:35AM
Fast Track - 4:35PM 5:30PM 6:40PM 7:40PM 8:45PM 9:10PM 10:55PM 1:00AM
How To Train Your Dragon 2 - 6:20PM
How To Train Your Dragon 2 (3D) - 4:00PM 8:35PM
Maleficent - 6:35PM 11:00PM
Maleficent (3D) - 4:25PM 8:50PM 1:10AM
The Other Woman - 4:30PM 10:50PM 1:10AM
Think Like A Man Too - 5:30PM 7:40PM 10:05PM 10:05PM 12:25AM 12:30AM
X-Men: Days of Future Past - 6:55PM 9:35PM 12:15AM

Vox Cinemas - Deira City Centre

Bangalore Days - 11:00AM 2:15PM 5:45PM 9:15PM 12:45AM
Bobby Jasoos - 10:45AM 1:30PM 4:15PM 7:00PM 9:45PM 12:30AM
Edge Of Tomorrow - 10:45AM 2:45PM
Edge Of Tomorrow (4D) - 6:30PM
Fast Track - 11:00AM 1:15PM 3:30PM 5:45PM 8:00PM 10:15PM 12:30AM
Hate Story 2 - 12:15PM 3:15PM 6:15PM 9:15PM 0:30AM
How Old Are You - 10:00AM 3:45PM 9:30PM 11:15PM
How To Train Your Dragon 2 (3D) - 10:45AM 1:15PM 3:45PM 8:30PM
How To Train Your Dragon 2 (4D) - 10:45AM 1:00PM
Humpty Sharma Ki Dulhania - 10:30AM 1:15PM 4:00PM 5:15PM 6:45PM 8:15PM 9:30PM 11:00PM 12:15AM 1:15AM
Maleficent (3D) - 6:15PM 11:00PM
Pizza - 11:30AM 2:00PM 4:30PM 7:00PM 9:30PM 12:00AM
The Amazing Spider-Man 2 (4D) - 3:30PM 9:15PM
The Fault In Our Stars - 10:00AM 3:20PM 8:30PM
Velayilla Pattathari - 10:00AM 12:45PM 3:30PM 6:15PM 9:15PM 12:15AM
X-Men: Days of Future Past (4D) - 12:15AM

Vox Cinemas - Mall of the Emirates

Bangalore Days - 8:45PM 12:15AM
Belle And Sebastain - 11:15AM 1:30PM 3:45PM

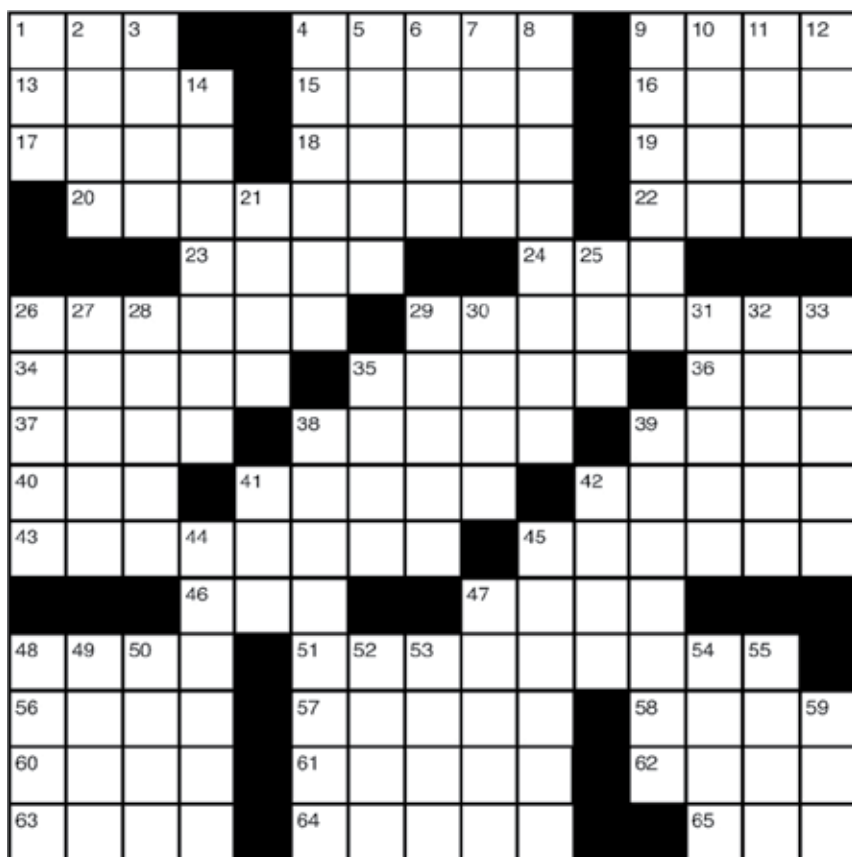
Vox Cinemas - Mirdif City Centre

Bangalore Days - 2:15PM 5:45PM 9:15PM 12:30AM
Belle And Sebastain - 10:40AM 1:00PM
Blended - 10:00AM 11:00AM 2:45PM 4:00PM 7:30PM 0:15AM
Edge Tomorrow (3D) - 1:30PM 6:30PM 11:15PM
Edge Tomorrow (4D) - 12:30AM
Fast Track - 10:45AM 12:45PM 1:00PM 3:00PM 3:15PM 5:15PM 5:30PM 7:30PM 7:45PM 9:45PM 10:00PM 12:00AM 12:15AM
Hate Story 2 - 3:15PM 6:15PM 9:15PM 12:15AM
How To Train Your Dragon 2 (3D) - 11:00AM 1:15PM 3:05PM 5:45PM

Humpty Sharma Ki Dulhania - 10:15AM 1:00PM 3:45PM 6:30PM 9:15PM 12:00AM
Knockout - 8:00PM 10:00PM 0:00AM
Maleficent - 9:45AM 12:00PM
Maleficent (3D) - 12:30PM 5:15PM 12:15AM
Million Dollar Crocodile - 11:15AM 3:30PM 7:45PM 12:00AM
Plush - 1:15PM 5:30PM 9:45PM
The Amazing Spider-Man 2 (4D) - 12:30PM 6:45PM
X-Men: Days Of Future Past (4D) - 1:30PM 9:45PM



Taking your time



Crossword

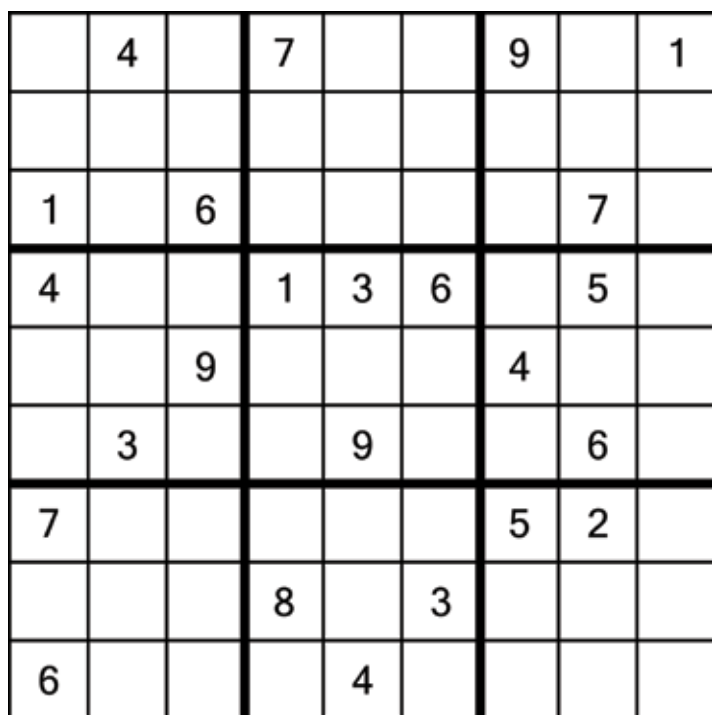
Across

1 Sworn promise 4 Deep pit 9 "___ Anything"; song from "Oliver!"
 13 Actor Sandler 15 Hillside 16 Lunchtime 17 ___ Scotia 18 Tea sweetener
 19 ___ out; became tattered 20 Lying down 22 Up in ___; angry 23 Emcee
 24 In one ___ and out the other 26 Take willingly 29 Back and forth
 34 Castle trenches 35 Brownish/orange 36 Regulation 37 Facial problem
 38 Bowling alley button 39 Destroy 40 Music from Jamaica 41 Dissolves
 42 Idaho's capital 43 Segment of speech 45 Like a forest 46 Wedding vow
 47 Horse's foot 48 Choose 51 Sabotage 56 43,560 square feet 57 Persons,
 places & things 58 Dweeb 60 Dabbling duck 61 Tango or twist 62 Music's
 Lady ___ 63 Nervous 64 Surface glossiness 65 Rogers or Acuff

Down

1 Mover's truck 2 Reason to bathe 3 Surfboard support 4 Lend a hand to
 5 Not tactful 6 Cartoon bear 7 Reach across 8 Corporal's superior 9 Look
 ___; examine one's own motives 10 Entryway 11 Campus residence
 12 Individuals 14 Sharp primitive weapon 21 Cuts off 25 Not ___ longer;
 no more 26 Accumulate 27 Too confident 28 Narrow waterway 29 One of
 the five senses 30 Has debts 31 Liquid 32 Lift up 33 Possessed 35 Reveal a
 secret 38 Bounces back 39 Installing housetop shingles 41 Insane
 42 Explosion 44 Apt; inclined 45 Deteriorate 47 Therefore 48 Cracker
 spread 49 Frosted 50 Rugged cliff 52 Webster or Wyle 53 Sand mound
 54 Within reach 55 Consequently 59 Doris or Dennis

Sudoku

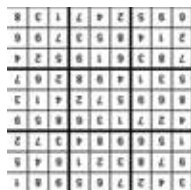


Spot the difference



ANSWERS

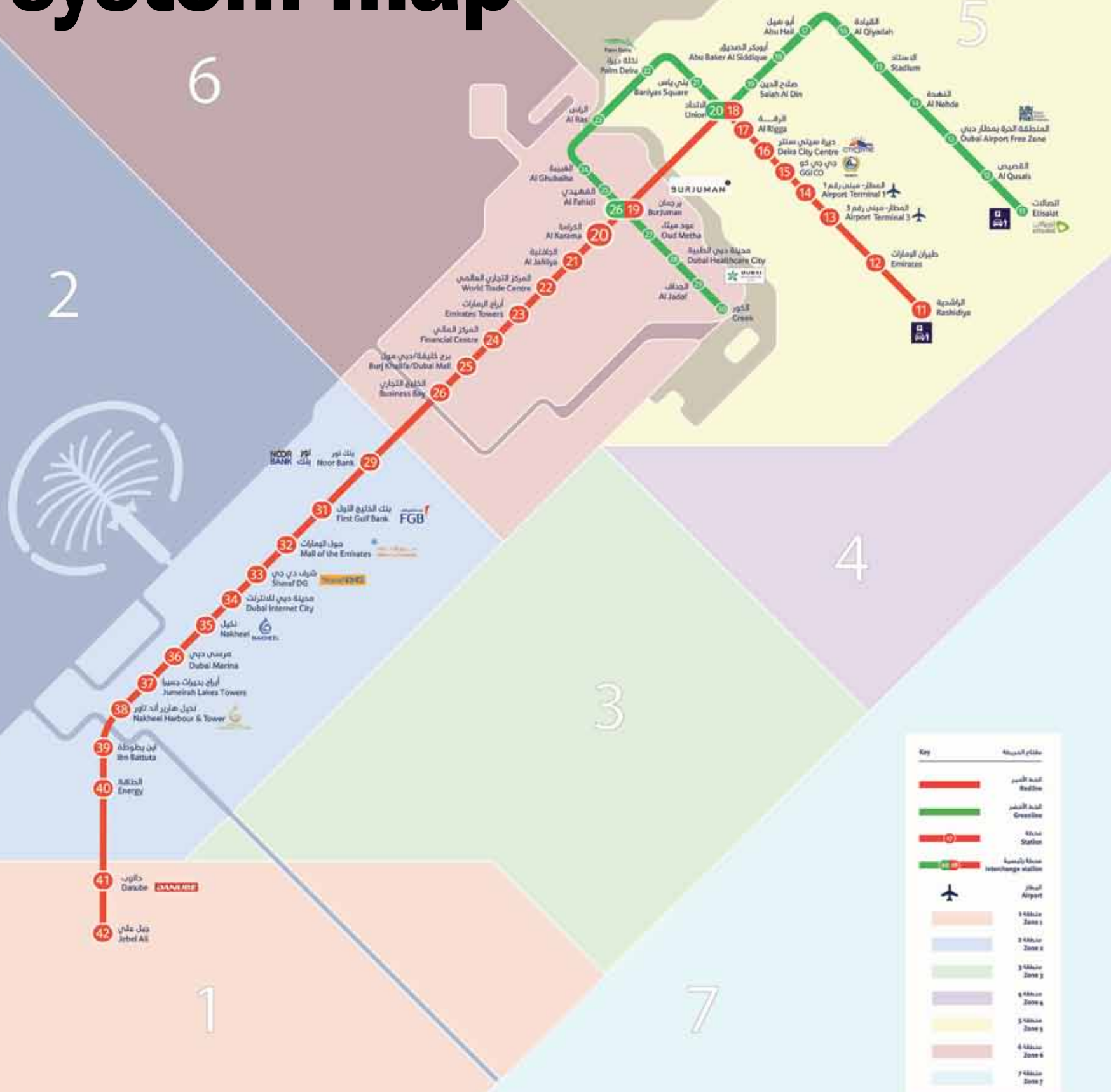
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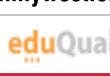
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RTA lends supports to Noor Dubai

Zayed Humanitarian Work Day commemorated with eye screening of 250 workers and distribution of reading glasses.



RTA PERSONNEL AND BUS AT THE EYE SCREENING CAMPAIGN

CAMPAIGNS

The Roads and Transport Authority (RTA) participated in the events of Zayed Humanitarian Work Day marking the 10th anniversary of the late Sheikh Zayed Bin Sultan Al Nahyan by teaming with Noor Dubai Foundation for its humanitarian eye-testing campaign at workers' residential compounds at Al Quoz.

During the campaign, a dedicated bus of the RTA was used as a mobile clinic, while 250 free eye-tests were carried out and complimentary reading glasses were distributed to those in need.

The event was attended by Engineer Eisa Al Haj Al Maidoor, Chairman of the Board of Trustees of Noor Dubai Foundation, and Director General of the Dubai Health Authority; Dr Yousef Al Ali, CEO of RTA Public Transport Agency; Dr Manal Tarium, CEO of Noor Dubai Foundation; and Moza Al Murri, Director of RTA Marketing & Corporate Communication. Dr Yousef Al Ali, CEO of RTA Public Transport Agency, said: "Launched by HH Sheikh Mohammed Bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai, Zayed Humanitarian Work Day initiative is considered a defining icon epitomising the values of giving and love encrypted

by the late Sheikh Zayed Bin Sultan Al Nahyan in our hearts and souls such that the UAE has become a flag bearer for the peoples of the world, regardless of ethnic, religious or gender backgrounds."

"The RTA's participation in this blessed event through supporting Noor Dubai's charitable eye-testing campaign at the workers' residential community at Al Quoz using our tailor-made bus in these campaigns, besides distributing 500 iftar meals at Union Metro Station with the assistance of volunteers from RTA leaders and employees, marks the advent of the perpetual anniversary of the builder of our renaissance whose helping hands covered the entire globe. His charitable contributions turned the name Zayed into a charity brand marked on hundreds of hospitals, schools and mosques as

well as offering relief to aid destitute and needy worldwide. Accordingly, charity has become a practice and identity synonymous of our beloved country and its prudent leaders under the rein of HH Sheikh Khalifa Bin Zayed Al Nahyan, President of the UAE; HH Sheikh Mohammed Bin Rashid Al Maktoum, Vice-President and Prime Minister of the UAE and Ruler of Dubai; and their brothers Members of the Supreme Council of the Federation and Rulers of the Emirates," he noted.

"At Zayed humanitarian school, we have learned the implications of the values of fraternity and giving such that they have firmly become part and parcel of our conscience and orientation. His noble objectives and manners, together with his care and compassion for the needy wherever they are has inspired and

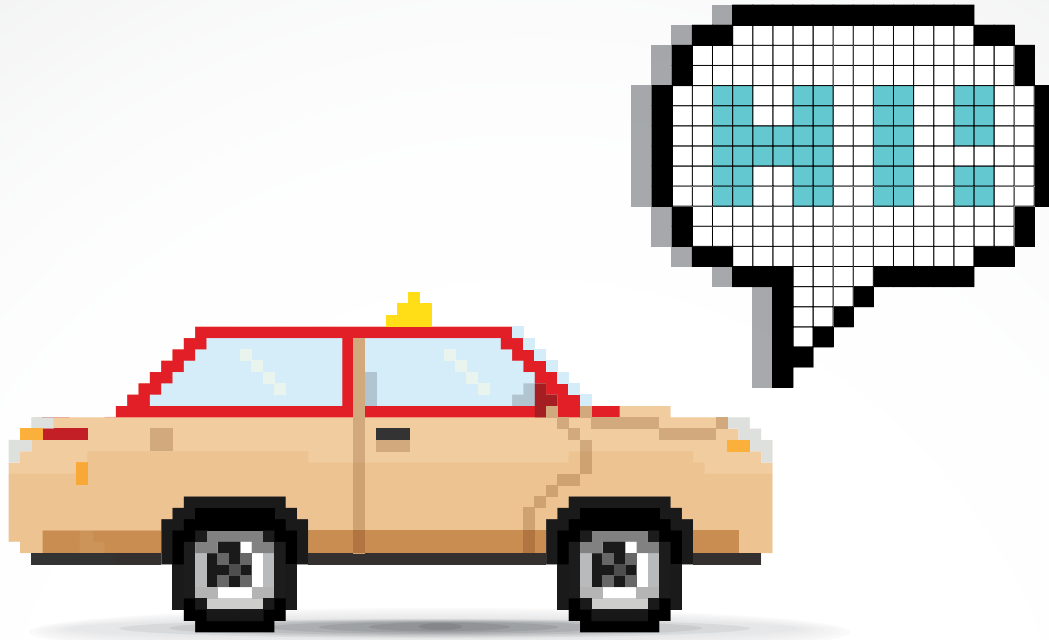
overwhelmed our actions to bits.

Having the anniversary of the late Sheikh Zayed coinciding with Ramadan every year makes it imperative on us to glorify and commemorate his colossal deeds during this month of giving by complementing his charitable drive and making every effort to raise the profile of the UAE in gratitude for a man who imparted humanitarian values in successive generations of the UAE," said Al Ali. Moza Al Murri, Director of RTA Marketing & Corporate Communication, said the RTA also took part in the events of Zayed Humanitarian Work Day by distributing 500 iftar meals on the day to visitors of Union Metro Station.

Dr Manal Tarium, CEO of Noor Dubai Foundation, said: "The RTA's participation in our eye screening campaign at workers' residential quarters at Al Quoz is part of its constant support to our charitable campaigns through providing us with a dedicated bus used as a mobile clinic. Moreover, this participation comes in the context of the 10th anniversary of the Arab sage and the founding father, the late Sheikh Zayed Bin Sultan Al Nahyan. He is survived by a legacy of philanthropic and benevolent works for humanity; which makes us always loyal to such tradition and noble goals."



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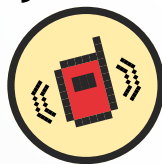


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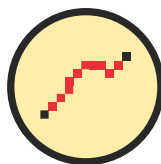
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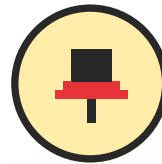
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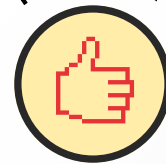
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SPORT SHORTS



Basketball: LeBron James makes his return to Cleveland Cavaliers after opting out from the Miami Heat. Cleveland is LeBron's hometown team as he spent his first seven years in the NBA with them. The four-time NBA MVP will receive a two-year contract worth around \$42 million. James confirmed his transfer on Twitter saying "I'm coming home."



Tennis: Rafael Nadal will go back to London seeking to claim his first career season-ending Barclays ATP World Tour Finals title. The Spaniard has qualified for the elite eight-player tournament for the 10th straight year. The Barclays ATP World Tour Finals title is one of the very few major prizes the 28-year-old superstar has had a bit of trouble with, as he lost to Federer in 2010, and to Djokovic in 2013.



Boxing: England's James DeGale is ready to challenge Carl Froch as he plans to become Britain's super-middleweight star; a fight between the two is possible in the near future. DeGale is overflowing with enough confidence to win as he stated "I think Carl Froch has had his time, he's been in some fantastic fights, earned a lot of money, but he's getting on he's 37, I'm 28 I'm in my prime."

Germany claimed the World Cup victory for the fourth time after defeating Argentina in the finals 1-0 at the Maracana. Germany was a favorite as World Cup winners since the beginning of the tournament, having seen their superb performance, gifting them with a well deserved victory. Lionel Messi was named the Golden Ball player of the World Cup after playing key role throughout the tournament. Germany goalkeeper Manuel Neuer was rewarded the Golden Glove for being the best goalkeeper of the tournament. The Golden Boot went to the World Cup top scorer James Rodriguez after the Colombian scored a fine number of six goals. France midfielder Paul Pogba was rewarded with the Best Young Player award. The 2014 FIFA World Cup has proven to be one of the best World Cups of all time, with a vast amount of goals (171), the incredible atmospheres, the best superstar players, and extremely unpredictable outcomes. FIFA President Sepp Blatter has described the Brazil World Cup as a very special tournament, marking it 9.25 out of 10. The Next FIFA World Cup will be hosted by Russia and will be held in 2018.



German

Ready, Set, Go!

Formula 1 makes its return to Hockenheim, Germany. This track has staged its first Formula 1 race back in 1970 and now began to host the German Grand Prix every other year, alternating with another track – Nurburgring. Spain's Fernando Alonso managed to win the last two races in Hockenheim in 2010 and 2012, but who could possibly win it this year? Perhaps the German Nico Rosberg could pull it off and make his nation proud.

The race consists of 67 laps with a track length of 4.574 km. Australia's Daniel Ricciardo expects his Red Bull teammate Sebastian Vettel to make the best out of the race in his home country as the German wishes to close the gap on Mercedes.





Golden ball:
Lionel Messi



Golden glove:
Manuel Neuer



Golden boot:
James Rodriguez



Best young player:
Paul Pogba

WORLD CUP BY THE NUMBERS

171 GOALS	\$35M FOR CUP WINNERS
3,429,873 IN ATTENDANCE	400M+ TWEETS
\$14B IN TOTAL COST	280M FACEBOOK POSTS
\$900M SPENT FOR SECURITY	4,220 PLAYER SELFIES

Football Transfer Latest



Tony Kroos, who played a starring role with the German international team during the World Cup, has confirmed that he is joining European Champions Real Madrid. Liverpool have closed on Benfica winger Lazar Markovic for a £20 million transfer as the Serbian told the Benfica fans "Thank you for everything and goodbye." Alexis Sanchez made his move to Arsenal for £30 million where he could possibly turn the Gunners from top four finishers to title contenders. Barcelona paid £75 million for Uruguay forward Luis Suarez, however Suarez will not be able to play until after his four-month biting ban.



Maya's Ramadan Guide

Your helping hand for a stress-free and wholesome Ramadan

Maya is a global woman of today and an expert at making the most of every occasion both at home and work. Her far-reaching knowledge helps her create magic for her family. Now, Maya's incredible range of products, tips and tricks will help you do the same all through summer and Ramadan.



Classic Hummus

Ingredients:

- m 1 can of Maya's chickpeas
- m Maya's Salt
- 2 tbsp lemon juice
- 2 crushed garlic cloves
- m 1 tsp Maya's cumin powder
- 4 tbsp water
- 2 tbsp extra virgin olive oil
- m 1 tsp Maya's chilli powder
- 4 Pitta bread

Drain 1 can of Maya's chickpeas and rinse. Combine with 2tbsp lemon juice, 2 crushed garlic cloves, 1tbsp cumin, Maya's salt, and 4tbsp water in a food processor. Blend to a creamy purée. Turn mixture out onto a plate and make smooth with the back of a spoon. Drizzle with extra virgin olive oil and sprinkle chilli powder and Maya's salt to taste. Serve with warmed pita bread.



Stay healthy this summer!

It's not only water and other liquids that keep you hydrated during summer. Aim to eat a few portions of water-rich fruits each day, including watermelon, oranges, grapefruit and melons for an excellent and fun source of water!

Keep looking in Read to learn more of Maya's tips and tricks.



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What's in your stars?

The *Read.* astrologer tells you what you can expect over the next seven days.

ARIES

(MAR 21 - APR 20)

You are keenly aware, now. It may not be money you feel you lack but you are certainly worried about missing out on something. Coming events should make you better off. But if that's to translate into peace of mind, you've got to consciously stop indulging a fear.



TAURUS

(APR 21 - MAY 21)

You are getting cross about something. You suspect that someone is being deliberately obtuse in an attempt to annoy or confuse you. Maybe so, but there is one sure way to emerge victorious. Maintain your belief in what makes the most sense.



GEMINI

(MAY 22 - JUN 21)

Never say 'never'. Now is always a good time to do what needs doing and you know what needs doing now! Draw what you need towards yourself. Be like a magnet. Be like a weaver of a dream and a caster of spells, regardless of what your fears or doubts may be.



CANCER

(JUN 22 - JUL 23)

You have made many compromises lately, but surely you can push yourself to let go of more. Unless, you have reached the point where enough is enough. The Full Moon suggests it's high time you were liberated from what has become an untenable situation.



LEO

(JUL 24 - AUG 23)

It is now becoming clear that there is a cost attached to a decision you have recently made. You are now being presented with a part of the bill. Don't resent it. What you are starting to get this week is what you need. It is worth all you must give for it.



VIRGO

(AUG 24 - SEP 23)

No matter how far-fetched or ludicrous the situation ever becomes, there is always a possibility of it becoming even more surprising. Stop worrying about a matter that seems to be spinning wildly out of control. Just leave it to spin a little longer, relax and keep your eyes open!



LIBRA

(SEP 24 - OCT 23)

You are not quite the same person you were. You are moving on further. It is inappropriate to look at an issue that used to upset you and assume that you are about to have the same problem all over again. You are going to handle it differently next time and you will get a much better result.



SCORPIO

(OCT 24 - NOV 22)

Are things improving or deteriorating? Financially, you are more comfortable. Emotionally, an upturn is taking place too. Don't plan for a crisis when you should be preparing for a celebration. Trust that reassuring developments will soon set your mind at rest about a worrying matter.



SAGITTARIUS

(NOV 23 - DEC 21)

Every day brings a new installment, a fresh drama. You can't ignore the latest development on the stage of your personal life. But nor, as you act out the role that this requires you to play, do you have to throw yourself into the part to the point where you forget everything else that matters.



CAPRICORN

(DEC 22 - JAN 20)

There are moments when passion should be honored with an unfettered reign at the helm of our lives, lest we start to lead a dull existence. You can save yourself a lot of unnecessary stress by knowing that there is nothing to worry about.



AQUARIUS

(JAN 21 - FEB 19)

Are you lucky? Or are you crazy? You are getting away with a risky move. You are not being particularly wise or restrained yet, so far, at least, you are paying no great price for this. Feel free to continue along your current path by all means. But have a Plan B just in case.



PISCES

(FEB 20 - MAR 20)

Don't rely on a plan that entirely involves invoking the supernatural this week. Use a little common sense. Life's challenges always involve choosing between these two moods. You can have one or the other in your emotional life now.



This week's local weather

SUN

20th

SUNNY
HIGH 43°C
LOW 32°C
HUMIDITY 38%

MON

21st

SUNNY
HIGH 41°C
LOW 31°C
HUMIDITY 51%

TUE

22nd

SUNNY
HIGH 41°C
LOW 32°C
HUMIDITY 57%

WED

23rd

SUNNY
HIGH 40°C
LOW 32°C
HUMIDITY 57%

THU

24th

SUNNY
HIGH 39°C
LOW 32°C
HUMIDITY 56%

FRI

25th

SUNNY
HIGH 40°C
LOW 32°C
HUMIDITY 53%

SAT

26th

SUNNY
HIGH 39°C
LOW 32°C
HUMIDITY 57%

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